35 YEARS OF FIGHTING FOR HEALTH EQUITY

Lifelong.

IMPACT REPORT 2019
A MESSAGE FROM
THE BOARD PRESIDENT

It is incredibly rewarding to serve as Lifelong’s board president at this point in our history where we have an opportunity to evolve with our community’s changing needs.

At the height of the AIDS epidemic, Chicken Soup Brigade’s main goal was to get food into the bodies of people who were wasting away due to the horrific effects of the disease and sit with them at a time when many friends and family members were still too scared to lend a hand.

Every single day, we are thankful that effective medications came on the market to transform HIV from a death sentence to a manageable condition. Because of this, we have been able to adapt to clients’ evolving needs, going from feeding people in their final days to helping people live long, healthy lives.

I’ve been working in healthcare for nearly as long as Lifelong has been around, which has given me a first-hand view of how challenging it can be to navigate the road to better health for people living with HIV and other serious illnesses. This would have been enough to make me feel connected to our mission, but my family was touched by Lifelong’s staff and volunteers even before I joined the board.

When my mother-in-law, Joan, was told she was cancer-free within a year of her breast cancer diagnosis, our family celebrated. But, just a few years later, she began experiencing pain in many of her joints. The cancer had metastasized to other areas of her body, including her bones.

Friends and family tried to help her recover by stocking her refrigerator with fresh groceries. While well intended, this left Joan with a refrigerator full of food that mostly went to waste. She was too fatigued, too immobile or in too much pain to prepare meals. She was referred to Lifelong and was visited at home by a registered dietician to assess her unique dietary needs, complementing her medications and mitigating her advancing disease. All of Joan’s meals were provided by Lifelong, healthy, delicious and appropriate to her condition, and allowing her to live mostly independently. With frailty and ongoing cancer treatments, inadequate access to regular, healthy meals would have surely led to additional medical interventions, even likely trips to the Emergency Room. We recently lost Joan to her disease, but with Lifelong’s food program having made an incredible difference in her quality of life.

I hope we can bring other families similar care and peace of mind with our expanded services.

This year, we are reaffirming our commitment to HIV care as the core of our mission while also looking to how we can leverage our unique experience to serve even more people and make sure no one is alone in their hour of need, no matter their diagnosis.

Thank you for making our work possible.

Bela Biro, Board President
Since 1983: Turning Ostracism and Neglect into Love and Inclusion.

From holding neighbors’ hands in their last days to helping people access the healthcare they need to thrive, Lifelong has been built on a strong foundation of community-focused care in King County and beyond.

1983: Northwest AIDS Foundation (NWAF) is founded in Seattle. The first fundraiser was a collection with a coffee can in Volunteer Park that raised $47. Chicken Soup Brigade (CSB) is founded to meet the health and human services needs created by a hepatitis-B outbreak in the gay community.

1984: CSB’s mission is formally changed in response to the growing number of AIDS cases in Seattle and across King County.

1986: NWAF launches the case management system for people living with AIDS in King County and they receive funding for four units of housing from the City of Seattle. First annual From All Walks of Life 10K walkathon is held.

1991: NWAF takes over administration of the HIV insurance continuation program.

1997: Due largely to the use of highly active antiretroviral therapy (HAART), AIDS-related deaths in the U.S. decline by 47% compared with the previous year.

2001: Lifelong AIDS Alliance is formed after the merger of CSB & NWAF.

2005: The CSB Food Program’s mission is expanded to include other life challenging illnesses.

2006: Lifelong received a grant from the City of Seattle to provide meals to homebound individuals beyond HIV.

2018: Lifelong celebrates 35 years of service.

The Future: Because of our history caring for people who are vulnerable and disenfranchised, we are uniquely positioned to see where people fall through the cracks in the healthcare system. With a strong infrastructure already in place, Lifelong will continue to provide high-quality care to people living with HIV and expand on this history by being an advocate for people living with other serious illnesses. Our friends and neighbors fighting for their health are still being left behind. With a community of supportive staff, donors, and volunteers, we will ensure everyone has the access to care they deserve.
DONORS MAKE OUR WORK POSSIBLE

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By giving monthly or quarterly, our Bread and Butter Club members are our most reliable donors. Thank you for giving our clients stability when they need it most! To join or learn more, visit lifelong.org/monthly-giving

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- Anonymous Donor
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“Being an addict, it is not easy to talk to health care providers. Most times they are not very nice to you. I felt totally at ease talking to the staff at Lifelong. After meeting with a case manager, I saw my doctor and had my testing done, the results were negative so I am now on PrEP. I wanted to thank you for being so nonjudgemental.”

- John, PrEP services client

PREVENTION SERVICES IN 2018:

- 617 HIV tests administered
- 179 assisted with PrEP services
- 141,879 condoms distributed

“Because of the fact that I’ve been eating Chicken Soup Brigade meals, I’m no longer on my diabetes medication. It makes me nearly cry. I haven’t had this feeling in a long time. I feel like I have a life ahead of me.”

- Sharon, Chicken Soup Brigade Client

FOOD SERVICES IN 2018:

- 198,043 healthy meals made from scratch
- 36,388 grocery bags delivered
- 3,365 people living with HIV receiving supportive services
- 977 people living with other diagnoses receiving supportive services
THANKS FOR GIVING A FORK.

We appreciate the support of our wonderful diners, amazing restaurant partners and our Presenting Sponsor BECU in making Dining Out For Life one of Lifelong’s biggest and tastiest events of the year. This event has been going strong in Seattle for over 20 years, and ensures that our life-saving programs can continue to support the clients who need them the most.

Thank you to the restaurants who gave 30-50% of their proceeds on April 25, 2019 and the volunteer ambassadors who represented Lifelong!

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Two Doors Down
Union

Vino At The Landing
Chris Nguyen, Kiera
Tanaka

Voila
Jon Choy
“One of my favorite parts of the week is getting to see my clients that I deliver groceries to. I have a unique relationship with every single one of them and I wouldn’t change a thing. I volunteer because I believe in Lifelong’s mission and values. Every person deserves love and a warm meal and I’ll continue to share my time and heart as long as I possibly can.”

- Tiffany, Volunteer Delivery Driver
COMMUNITY BUSINESSES BRING THEIR HEARTS TO LIFELONG.

Volunteer groups from the community ensure our clients receive consistent, high quality services and live healthier lives. To get your office involved, email volunteer@lifelong.org

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*EVO was the recipient of the 2019 Ned Behnke Leadership award. Since 2017, employees at EVO have been integrated into the Lifelong community through volunteer shifts that support a variety of needs and programs, often stepping in to help with critical projects at our busiest times of year. They also set an example for our other corporate partners as the first company to participate in the “sponsor a meal” program, directly feeding some of our most vulnerable clients.

Thank You to Our Corporate Sponsors:
“Some of our clients have been living on the street for as many as 10 years. I have seen some clients move their belongings into housing and then continue to sleep outside because that’s what they know. That’s where our approach to care is different: we understand that building lifelong success starts with taking the time to build a trusting, caring relationship.”

- Lindsey, Housing Program Behavioral Health Professional

**HOUSING IN 2018**

- **143** clients received permanent housing vouchers
- **156** clients received short-term rent, mortgage or utility assistance or permanent housing placement
- **65** clients were given emergency housing after being discharged from the hospital
The same outrage that ignited the need for Lifelong in the early 80’s (by providing life changing services to the most stigmatized people of that time) is still the heart of our work today. Just as the disease has evolved, so have our services so that we can best support and advocate for people living with and at risk for HIV, as well as expanding our unique model of care to people living with other serious illnesses. We hope to reach health equity by focusing on three priorities.

**REACHING THE LAST 10%:** We started our work in Seattle’s Capitol Hill neighborhood because that was the epicenter of the HIV crisis in our community, but things look very different now. Today, people who are most at risk of contracting HIV or going without care for existing diagnoses are our most marginalized neighbors: transgender people, people of color, and people experiencing homelessness. We are proud that Lifelong has been instrumental in making an impact in the outreach and amount of folks that know their status and are on treatment. To leverage our experience and funding to reach the last 10 percent of people who are undiagnosed, we are focusing our efforts on partnering with the organizations that are imbedded in high-risk communities and offer logistical and supportive services. Fighting stigma is also crucial to ending HIV. By promoting PrEP and the message that “undetectable = untransmittable,” we can eliminate new transmissions while eliminating fear.

**HOUSING IS HEALTHCARE:** Preliminary findings of a major study by the Centers for Disease Control and Prevention suggest that housing itself may improve the health of persons living with HIV and other illnesses. Meanwhile, homelessness and ill health have been locked in an ongoing cycle of cause and effect, spiraling constantly downward. Housing can impact every aspect of our health, from determining whether we can eat healthy food, get enough sleep, and staying on medications. Meanwhile, homeless people suffer all illnesses at three to six times the rates experienced by others, have higher death rates, and have dramatically lower life expectancy. By emphasizing a housing-first model, Lifelong will work to find permanent housing for those who are without and prevent homelessness for people at risk of losing existing housing.

**FOOD IS MEDICINE:** Food is where it all started. At the height of the AIDS epidemic, Chicken Soup Brigade’s main goal was to get food into the bodies of people who were wasting away due to the horrific effects of the disease. We are thankful that powerful medications came on the market to transform HIV from a death sentence to a manageable condition. It also changed our intent from just feeding people for calories and comfort to providing medically nutritious food so clients can live long, healthy lives. We are investing in our infrastructure so we can double the number of meals we produce in the next two years, expanding the number of culturally-specific grocery bags so people are getting food that is both tailored to their medical condition and honors their cultural background, and expanding food services for people being discharged from the hospital. This is about more than just meals. It’s nourishment, it’s medicine and it can be one of the greatest ways to show love.
From our kitchen to your next backyard barbecue, enjoy this recipe from Lifelong’s Chicken Soup Brigade program.

❤ SUMMER LEMON CHICKEN

INGREDIENTS:

- 2 ½ lbs chicken breast
- ½ cup olive oil
- 5 ¾ tbs lemon juice, fresh squeezed
- 1 tbs garlic
- 2 ¼ tsp kosher salt
- 2 lbs wheat bulgur, cooked
- 12 oz canned black beans, rinsed
- 2 oz red onion, chopped
- 8 oz carrots, grated
- 12 oz canned kidney beans, rinsed
- 4 ounce red bell peppers, sliced
- 12 ounces sweet corn

For Garnish:

- 9 ½ tbs feta
- 9 ½ tbs parsley, chopped
- 2 oz salted soynuts

In a blender, blend olive oil, lemon juice, garlic, salt & pepper until smooth. Use half to marinate the chicken overnight, reserve the rest to mix with bulgur and vegetables. Cook bulgur using 1.5 parts water to ever 1 part bulgur. Grill chicken until it reaches an internal temperature of 165 degrees. Mix vegetables and remaining marinade with bulgur. Serve topped with sliced chicken and garnish mixture.